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AWARDS GIVEN AT INSHAPE INDIANA SUMMIT

INDIANAPOLIS— Five organizations were recognized by Governor Mitch Daniels and Anthem Blue Cross and Blue Shield, thanking them for their work as trailblazers on the Governor's INShape Indiana initiative. Each recipient received a \$1,000 cash award to help promote INShape's message of increasing physical activity, eating nutritious foods, and stopping tobacco use.

"We're very proud of these organizations," said Governor Daniels. "They've been pioneers in their community, promoting the message of INShape Indiana to the people they serve."

Recipients include Fort Wayne Walks One Million Miles, VOICE, 4 Community Health Project, Evansville-Vanderburgh School Corporation, and Goodwill Industries. The awards were handed out at the 2nd annual INShape Indiana Health Summit on Monday, during a ceremony emceed by Jared Fogle ("the Subway guy").

The Summit emphasized nutrition, physical activity, and tobacco cessation. Representatives from schools, businesses, government and the media, religious leaders and health professionals met to discuss a variety of topics, including school and worksite health, community and faith-based organizations, and health for people over the age of 50.

"INShape Indiana challenges Hoosiers to get healthy. Eating better, moving more, and avoiding tobacco reduces the risk of disease and lowers our health care costs. Investing in good health today means a stronger economy in the future," said State Health Commissioner Judith A. Monroe, M.D.

"We're proud to be associated with INShape Indiana," said Dennis Casey, President of Anthem Blue Cross and Blue Shield. "Governor Daniels has performed a great service for the people of Indiana by making health a top priority for his administration."

More than 770 people from 80 Indiana counties attended the summit.

Governor Daniels launched INShape Indiana in July 2005, challenging Hoosiers to make healthy choices. The program provides statewide information on physical fitness activities, nutrition, and smoking cessation through its Web site at: www.INShape.IN.gov. INShape Indiana is personalized and allows participants to track their progress on the Web site.

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